

Hawaiian Martial Arts, Lua The Art of Bone Dislocation



**Kumu
James Muro**

Saturday, August 8th, 2015
Lua Class 9:00 am – 5:00 pm

American Legion Hall Post 41
1089 Johnson Street
(top of the hill at Jefferson & Johnson)
Monterey, California 93940

Entry Fee: \$45.00
Email: james.muro@chw.edu
Phone: (831) 869-7474

Head Count by Friday, August 1st, 2014
Tim Harris (831) 595-1441

Seminar Host: Professor James Muro
337 Metz Road, Seaside, CA 93955

10th Degree Hawaiian Kenpo-Jujitsu International Society
Lua Hālau O Kaihewalu

'Ōlohe: Solomon Kaihewalu

Will show you and teach the way Lua hands grab, push parry, punch, finger-spear and bite; the way the Lua Body moves, leans to the left and right; the Legs of Lua – the way they walk; leg kicks, leg sweeps, knee kicks and how to throw your attacker to defend yourself.

'Ōlohe's body is the Mama, the ranch that holds the animals within Lua O Kaihewalu. The arms and the hands are the children of the Kaihewalu 'Ohana. The legs are the Papa of the Kaihewalu 'Ohana that take them where they must be.

The Kaihewalu Lua Weapons are a part of 'Ōlohe's body. The head, hands, arms, body, hips and legs are the Lua Mea-Kauas of the Kaihewalu 'Ohana.

Lua Web Site: www.olohe.com
Email: thelua13@hotmail.com

